



National Nutrient Database for Standard Reference

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Statistics Report 21527, ARBY'S, roast beef sandwich, classic

Report Date: July 04, 2017 18:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	49.91	3	0.358	49.48	50.62	2.0	48.371	51.449	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	242	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	1014	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein ¹	g	15.17	3	0.110	15	15.38	2.0	14.692	15.641	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat) ¹	g	10.30	3	0.134	10.14	10.57	2.0	9.725	10.882	1	Analytical or derived from analytical	--	06/2015
Ash ¹	g	2.41	3	0.034	2.34	2.45	2.0	2.261	2.552	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	22.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary ¹	g	1.3	2	--	1.3	1.4	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Sugars, total ¹	g	3.84	2	--	3.41	4.28	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

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Sucrose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Glucose (dextrose) 1	g	1.34	2	--	1.16	1.53	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose 1	g	1.50	2	--	1.35	1.65	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose 1	g	1.00	2	--	0.9	1.1	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Starch 1	g	17.65	2	--	16.3	19	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Minerals													
Calcium, Ca 1	mg	55	3	6.820	41	62	2.0	25.491	84.176	1	Analytical or derived from analytical	--	06/2015
Iron, Fe 1	mg	2.64	3	0.089	2.54	2.82	2.0	2.261	3.025	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg 1	mg	23	3	0.153	23	23	2.0	22.443	23.757	1	Analytical or derived from analytical	--	06/2015

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Phosphorus, P 1	mg	200	3	2.646	196	205	2.0	188.616	211.384	1	Analytical or derived from analytical	--	06/2015
Potassium, K 1	mg	224	3	5.457	213	231	2.0	200.188	247.146	1	Analytical or derived from analytical	--	06/2015
Sodium, Na 1	mg	653	3	12.000	641	677	2.0	601.368	704.632	1	Analytical or derived from analytical	--	06/2015
Zinc, Zn 1	mg	2.27	3	0.020	2.23	2.3	2.0	2.179	2.354	1	Analytical or derived from analytical	--	06/2015
Copper, Cu 1	mg	0.109	3	0.002	0.11	0.11	2.0	0.102	0.117	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn 1	mg	0.234	3	0.012	0.21	0.26	2.0	0.18	0.287	1	Analytical or derived from analytical	--	06/2015
Selenium, Se 1	µg	18.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamins													
Thiamin 1	mg	0.217	3	0.029	0.17	0.27	2.0	0.092	0.342	1	Analytical or derived from analytical	--	06/2015
Riboflavin 1	mg	0.287	3	0.029	0.24	0.34	2.0	0.161	0.412	1	Analytical or derived from analytical	--	06/2015
Niacin 1	mg	4.343	3	0.259	4.05	4.86	2.0	3.228	5.458	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1	mg	0.215	2	--	0.21	0.22	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folate, total 1	µg	51	3	6.561	44	64	2.0	22.671	79.129	1	Analytical or derived from analytical	--	06/2015
Vitamin B-12 1	µg	0.96	3	0.078	0.83	1.1	2.0	0.619	1.294	1	Analytical or derived from analytical	--	06/2015
Lipids													
Fatty acids, total saturated	g	3.399	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
6:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
8:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
10:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
12:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
14:0 1	g	0.200	3	0.007	0.19	0.21	2.0	0.168	0.233	1	Analytical or derived from analytical	--	06/2015

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15:0 1	g	0.032	3	0.001	0.03	0.04	2.0	0.026	0.039	1	Analytical or derived from analytical	--	06/2015
16:0 1	g	1.951	3	0.023	1.91	1.98	2.0	1.851	2.051	1	Analytical or derived from analytical	--	06/2015
17:0 1	g	0.079	3	0.003	0.07	0.08	2.0	0.068	0.09	1	Analytical or derived from analytical	--	06/2015
18:0 1	g	1.108	3	0.053	1.05	1.21	2.0	0.882	1.334	1	Analytical or derived from analytical	--	06/2015
20:0 1	g	0.015	3	0.000	0.01	0.01	2.0	0.013	0.016	1	Analytical or derived from analytical	--	06/2015
22:0 1	g	0.009	3	0.001	0.01	0.01	2.0	0.007	0.011	1	Analytical or derived from analytical	--	06/2015
24:0 1	g	0.004	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	3.987	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:1 1	g	0.062	3	0.001	0.06	0.07	2.0	0.056	0.068	1	Analytical or derived from analytical	--	06/2015
15:1 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated ¹	g	0.279	3	0.007	0.27	0.29	2.0	0.247	0.31	1	Analytical or derived from analytical	--	06/2015
16:1 c ¹	g	0.258	3	0.008	0.25	0.27	2.0	0.226	0.291	1	Analytical or derived from analytical	--	06/2015
16:1 t ¹	g	0.020	3	0.000	0.02	0.02	2.0	0.019	0.022	1	Analytical or derived from analytical	--	06/2015
17:1 ¹	g	0.052	3	0.002	0.05	0.05	2.0	0.044	0.06	1	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated ¹	g	3.561	3	0.048	3.47	3.64	2.0	3.352	3.769	1	Analytical or derived from analytical	--	06/2015
18:1 c ¹	g	3.235	3	0.037	3.17	3.3	2.0	3.075	3.395	1	Analytical or derived from analytical	--	06/2015
18:1 t ¹	g	0.326	3	0.013	0.3	0.34	2.0	0.268	0.383	1	Analytical or derived from analytical	--	06/2015
20:1 ¹	g	0.034	3	0.001	0.03	0.04	2.0	0.027	0.04	1	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	06/2015
22:1 c ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	1.762	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated ¹	g	1.552	3	0.083	1.39	1.67	2.0	1.194	1.911	1	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c ¹	g	1.465	3	0.083	1.3	1.58	2.0	1.107	1.823	1	Analytical or derived from analytical	--	06/2015
18:2 CLAs ¹	g	0.044	3	0.000	0.04	0.04	2.0	0.043	0.046	1	Analytical or derived from analytical	--	06/2015
18:2 t not further defined ¹	g	0.043	3	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated ¹	g	0.159	3	0.013	0.13	0.18	2.0	0.104	0.215	1	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.152	3	0.012	0.13	0.17	2.0	0.101	0.203	1	Analytical or derived from analytical	--	06/2015
18:3 n-6 c,c,c ¹	g	0.007	3	0.001	0.01	0.01	2.0	0.003	0.011	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 <i>1</i>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:4 <i>1</i>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c <i>1</i>	g	0.002	3	0.001	0	0	2.0	-0.003	0.008	1	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated <i>1</i>	g	0.010	3	0.001	0.01	0.01	2.0	0.006	0.014	1	Analytical or derived from analytical	--	06/2015
20:3 n-6 <i>1</i>	g	0.010	3	0.001	0.01	0.01	2.0	0.005	0.015	1	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated <i>1</i>	g	0.022	3	0.001	0.02	0.02	2.0	0.018	0.026	1	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) <i>1</i>	g	0.005	3	0.000	0	0.01	2.0	0.003	0.006	1	Analytical or derived from analytical	--	06/2015
22:4 <i>1</i>	g	0.004	3	0.000	0	0	2.0	0.002	0.005	1	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) <i>1</i>	g	0.008	3	0.001	0.01	0.01	2.0	0.005	0.01	1	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) <i>1</i>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.389	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans-monoenoic	g	0.346	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cholesterol ¹	mg	30	3	0.563	29	31	2.0	27.721	32.564	1	Analytical or derived from analytical	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19c, 2015 Beltsville MD